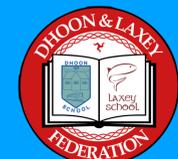


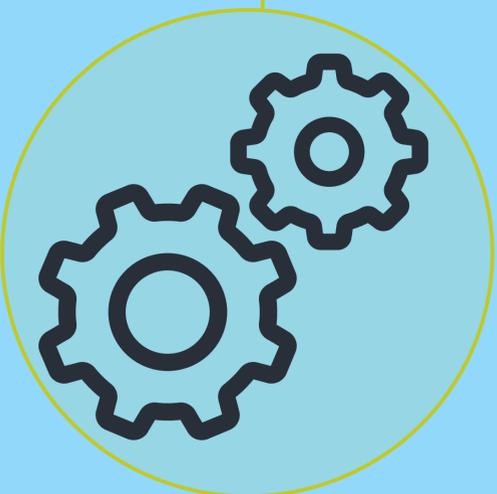


MANAGING HOME-LEARNING EXPECTATIONS



Routine

Children and young people like structure



Schools often provide a structure in which children find reassurance and certainty. The loss of this routine can leave children unsettled. During the lockdown period, think carefully about developing a structure that includes times when you'll be entirely focussed on your children - such as listening to them read - and times when you expect them to be more independent. Pyjama days were great when the lockdown was still a bit of a novelty, but stick to get-up times and bed times; and get washed, dressed and ready for a day of structure.

Support

Laxey and Dhoon provide support



It is important to remember that no amount of preparation or resources will replicate the typical school day and any attempt by Laxey and Dhoon School to provide educational continuity will be carried out with the aim of supporting parents in the education of their child as best we can, given the unprecedented situation facing our Island community. Therefore, don't worry unduly about completing all of the activities and tasks set by school. Use them to help give some of the structure we've talked about, but don't obsess about them.

Relax

Unprecedented times - so go with the flow!



Relax into whatever routines and structures begin to work for you and your family circumstances. See this whole period of life as an adventure in which almost everything can be used as a moment to shape and grow young minds - at the end of the day, that's what primary education is. Rejoice in the freedom to bake a cake with your children, play board and card games with them, discuss the news and encourage them to take on household jobs and show them how to do them well. Each of these activities consolidates a life skill and has value.

Downtime

Children will need a break... so will you!



Home learning is tough... for the children and for parents! Build in breaks and downtime during the day and don't feel guilty about letting your children relax. Some of them will already feel anxious from listening to the news and having their normal routines disturbed. Mental well-being is crucial and relaxation is part of how children can process what is going on. Talk to your children about their learning, their worries, their interests, their questions. Kick a ball about with them, watch a film with them... and sometimes, just leave them be!

Acceptance

Accept your limitations - just do your best!



Children aren't the only ones relegated to working from home in the immediate future. Many parents have been asked to do the same meaning a whole lot of mums, dads and carers will be forced to juggle like court jesters and circus clowns. There's no map for this journey that we're on - so just do your best! That means finding time for fun along the way: build a den; bake a cake; go for a walk; look at old photographs; make playlists; have an afternoon tea party; sing loudly and dance like no-one is watching. Take care of yourselves and your families.